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ABSTRACT

This document is intended to be used by therapists who are working with children of alcoholics and are concerned with issues of self-worth and trust. Section 1 asserts that in order to help clients who have an alcoholic parent overcome personal inadequacies, three critical areas may need to be considered: conditions for effecting positive relationships with others; ways of reducing feelings of powerlessness; and strategies for resolving conflict. Section 2 provides considerations to be used when designing services for children of alcoholics. Section 3 contains a open letter to children that stresses the importance of communication, defines alcoholism as a disease that cannot be controlled by the child and is not the child's fault, and suggests positive actions a child of an alcoholic may take. Included are questions and answers on alcohol related issues. Section 4 lists professionals and organizations that may be able to offer or determine the most appropriate and convenient services for the individual client (outpatient clinics, hospital services, halfway houses, or special counseling groups). Section 5, the "National Clearinghouse for Alcohol and Drug Information Resource Update," is an annotated resource guide for persons interested in obtaining current information on the impact of parental alcoholism on children. Entries are organized into three sections: (1) publications (including books, conference papers, journal articles, and pamphlets and periodicals); (2) audiovisuals (including films, videotapes, filmstrips, and audiotapes); and (3) organizations. Availability and price information are included where relevant. (BHK)

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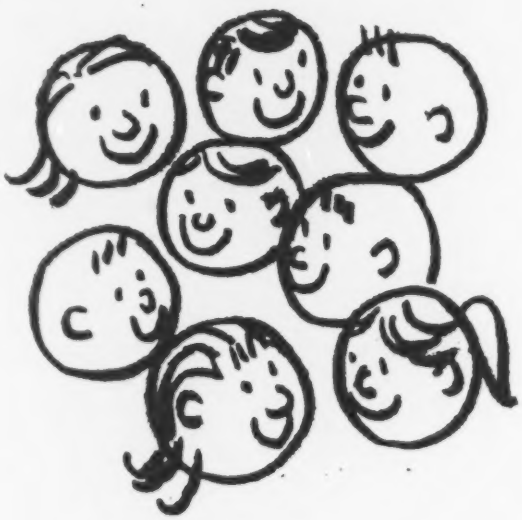
Children Of Alcoholics



3 Kit for Therapists

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National Clearinghouse for
Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852

contents:

- Suggestions for Therapists
- Designing Services for Children of Alcoholics
- Kit for Kids
- Fact Sheet: How to Find Help
- NCADI Resource Update

Prepared by the Office for Substance Abuse Prevention
February 1988

C6023235

DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Alcohol, Drug Abuse, and
Mental Health Administration
Rockville MD 20857

Dear Colleague:

More than 7 million children under the age of 20 are growing up in homes with at least one alcoholic parent--and there are nearly 21 million adult children of alcoholics--in the United States today. The chances are good that some of your clients are children of alcoholics.

Studies indicate that children of alcoholics may be at increased risk for a range of problems including difficulties in school, emotional disturbances affecting social and family relationships, physical problems, and susceptibility to alcoholism later in life. Children from alcoholic families also may be at increased risk for emotional neglect and physical abuse. Over the long term, living with an alcoholic parent may affect future work performance.

For your information, the National Clearinghouse for Alcohol and Drug Information (NCADI) has prepared this educational kit.

NCADI collects information pertaining to research on the prevention and treatment of alcohol problems and shares this knowledge with professionals and the general public through the distribution of free materials, a quarterly subscription journal, and free literature searches of its extensive data base.

For information about other alcohol-related topics, contact NCADI, P.O. Box 2345, Rockville, MD 20852 or call (301) 468-2600.

Suggestions for Therapists

Therapists working with children of alcoholics should be especially concerned that their clients are able to establish positive relations with others and that they have confidence in their own abilities and worth. In order to help clients with an alcoholic parent to overcome personal inadequacies, three critical areas may need to be considered: conditions for effecting positive relationships with others, ways of reducing feelings of powerlessness, and strategies for resolving conflict.2/

EFFECTIVE RELATIONSHIPS

One primary concern for the therapist should be the child's ability to develop and maintain good primary relationships with others. It is quite likely that many children and adolescents who see a therapist will not have desirable relationships with their peers or adults. Many children of alcoholics have the problem of what some therapists refer to as being "socially disengaged;" in other words, their relationships with others are superficial and their contacts with others are often limited in number and intensity. When working with this problem, the therapist will need to be particularly sensitive to assessing the strengths and weaknesses of children of alcoholics in the ways they interact with others. Whatever relationships exist, the therapists will need to use them to build stronger, as well as new, social bonds for their clients.

Therapists have at their disposal many strategies for assessing the nature of a person's relationships with others. For example, one method of assessing the level of influence others have on children of alcoholics is to use a sociogram. A sociogram is a set of concentric circles in which the subject--or client--is represented by the central circle, or "bullseye." The next and larger circle represents the client's "significant others"--those people who are closest emotionally and who are most important to the client. This circle usually includes family and best friends. As succeeding circles are added, each will have less influence on the client. With the client's help in filling in names of persons in each circle, the therapist is able to assess the influence and extent of influence various people have on the client.

Although the therapist can emphasize the importance of developing new affiliations, it is usually necessary to examine existing and past relationships with parents. Clients, for instance, may move from a relationship characterized by confusion and love to one characterized by frustration and bitterness. Helping children of alcoholics to interact more positively with their parents is critical. It is one relationship they seldom escape no matter how old or even if they leave home.

1/ From Children of Alcoholics: A Guidebook for Educators, Therapists, and Parents by Robert J. Ackerman. Learning Publications, Inc., Holmes Beach, Florida 33509.

2/ Of course, each therapist will assess the unique needs of his or her clients prior to initiating treatment. It is also recognized that the methods of treatment to be used are the therapist's responsibility: no particular type of therapy is suggested here. Rather, the purpose of this discussion is to describe the kinds of problems that children of alcoholics have been found to suffer, so that therapists may be aware of these particular problems.

However, the therapist need not be concerned with achieving sobriety in the client's parents or focusing on changing parents. The therapist who is only working with the client and not the client's family should be concerned with the physical and emotional survival of the client. A certain amount of the work of the therapist in this situation might be focused on teaching the client "how to survive with an alcoholic parent." In this vein, getting clients to discuss their feelings about their situation and themselves may be more important than discussions that center on their alcoholic parents. The important thrust is to help the client of an alcoholic help him or herself have more rewarding and healthy relationships at home with his or her parents and siblings, as well as with others outside the home. In other words, merely surviving in their home environment is not enough.

Other relationships of the client with people outside of his or her family can also provide a support structure not only for the client's survival but also for the client's growth as a person. Peers can provide many necessary friendships for healthy personal development. Therefore, the therapist may need to give considerable attention to helping children of alcoholics develop peer relationships.

For those clients with few healthy peer relationships, the therapist may want to concentrate on developing various social skills. For example, some therapists may encourage the client to attend a number of social functions where he or she can meet new people. Those clients from alcoholic homes who have low self-esteem are prone to see themselves as uninteresting and feel that nobody likes to talk with them. If the therapist is able to help the client develop a positive self-concept in relation to various people with whom he or she comes into contact, the therapist will have taken a major step toward helping the client build on that foundation for effective primary relationships necessary for growth, both inside and outside the home.

FEELINGS OF POWERLESSNESS

Children growing up in an alcoholic home are likely to feel a strong sense of powerlessness. They are likely to see themselves as devoid of resources or ways of alleviating their parent's drinking or fighting. This felt loss of control can be carried over to other areas, including school. Moreover, this sense of powerlessness can encompass every aspect of their lives.

When the client has a sense of powerlessness in all his relationships, the therapist is faced with a "there is nothing I can do" attitude. Much of this feeling on the part of the client arises from a lack of an identity they value. Often children of alcoholics fail to see that their achievements can be, to a considerable extent, separate from those of their alcoholic parent. If they cannot influence their alcoholic parent, they wonder how they can help themselves. Therapists need to be sure that their clients establish a sense of valued identity and achievement independent of their identities as children of alcoholics. In this regard, conversations with the clients may need to be directed away from the home environment and more on the client and his or her aspirations and expectations outside of felt family needs.

One strategy in working with children of alcoholics is to help them recognize that they cannot control the behavior of others whose effects they may have to endure. However, they can learn that they are able to control their own behavior, achievements, and feelings. To the extent that the therapist can help the client to develop a sense of control over his or her life, he facilitates the client's discovery that he or she is an individual with appropriate and valuable feelings, attributes, and capabilities. In

working through feelings of powerlessness, the development of a sense of valued identities can lead to internal resources for clients. These resources can enhance the client's abilities to determine the outcomes of the behaviors of their alcoholic parents, even though they cannot control their parents' behaviors.

In other words, it is important that children of alcoholics, like others, develop a sense of personal responsibility for much of what will happen to them. Unfortunately, all too often children of alcoholics conclude that their unhappiness or happiness is totally the result of others. Whether content or discontent, they perceive an inability to control their lives. In working with such clients the therapist may need to avoid having the clients shift from placing all responsibility for their problems on their parents to placing the responsibility for their happiness on the therapist.

CONFLICT RESOLUTION

Most therapists believe that meeting the psychological needs of clients may require helping clients to resolve conflicts they may experience. One approach to conflict resolution focuses on three types of conflict that may occur: approach-approach conflict, avoidance-avoidance conflict, and approach-avoidance conflict.

Approach-Approach Conflict

Approach-approach conflict results when two goals are simultaneously desired and reaching one goal will mean not achieving the other. It is common, for instance, for children from an alcoholic home to want to talk about parental drinking; at the same time, they also want to have good relationships with their parents. Moreover, they fear that if they talk about their parent's drinking with their parents, their relationships with them will suffer. As a result, they may experience conflict within themselves. The force of external conditions appears to rule their lives. They need to develop mechanisms for expressing any such internal conflict. Without an expressive outlet, the client may be needlessly forced to endure excessive internal approach-approach conflict at the expense of many personal needs.

Avoidance-Avoidance Conflict

Avoidance-avoidance conflict is the typical circumstance of "you are damned if you do and damned if you don't." The child in an alcoholic home is likely to feel that if he or she interferes with the parent's alcoholic behavior that he or she will be disapproved, or even that the parent's love may be lost. Not to interfere, however, means that the undesired drinking related behaviors of the parent will continue. Another typical example occurs when the alcoholic parent tells the child that there is no drinking problem, but the parent also tells the child not to tell anyone about the parent's drinking habits. If nothing is wrong, why not talk about it?

Approach-Avoidance Conflict

Another form of conflict is the approach-avoidance type which is characterized by mixed feelings. A person is attracted to an object, but is repulsed by some component of it. The child of an alcoholic tends to love the alcoholic parent rather intensely, while simultaneously hating the drinking. The resolution of this type of conflict may be the most challenging for a therapist. If the child is able to overcome the distinction between the parent as an alcoholic and as a parent with many qualities other than those of being alcoholic, then the client may be able to see him or herself with many attributes other than those of being a member of an alcoholic home.

SUMMARY

Helping children of alcoholics to work through their feelings and establish effective relationships with others will be very helpful in overcoming the impact of an alcoholic parent. Moreover, the therapist will be helpful if he or she is able to assist such children in developing confidence in themselves. Clients need to believe that they can control how they feel about what is happening in their lives. They need to now that they can influence what is going to happen. If able to develop this self-confidence, the therapist's success will be more far reaching than that of just helping a client to survive while in an alcoholic home. The therapist's long-range effects may mean that the client will not become one of the 40 to 60 percent of children of alcoholics who themselves become alcoholics.

Considerations in Designing Services for Children of Alcoholics

Growing public awareness about alcoholism and its impact on the family, especially on children, has sparked a demand for services that do not exist universally. Robert Niven, former Director of the National Institute on Alcohol Abuse and Alcoholism (NIAAA), and now in the Department of Psychiatry, Harper Hospital, Detroit, Michigan, urges treatment professionals and community planners to consider carefully a number of issues before developing and implementing programs for young children of alcoholics:

- Planners must recognize that education and prevention programs are not enough. "Very often such programs stimulate the need for early intervention and treatment services," he notes, "and professionals must be prepared to meet this need with quality services that reflect the current research in the area."

- The many ethical issues surrounding the provision of services to children of alcoholics must be resolved before service components are selected. For example, Niven says that although simple screening techniques for identifying children of alcoholics may be available, labeling a child may adversely affect that child's self concept and expectations for the future--as well as the expectations of teachers, employers, and others. Therefore, he recommends that these children not be targeted for special educational programs. "Given the state of the art of research and clinical practice, educational programs should be geared to all youngsters in a particular group and include encouragement for self referral for additional help in a confidential setting--through a student assistance program, a local early intervention/treatment center, or a similar program where the staff have been trained appropriately," he says.

- Questions of confidentiality also must be resolved before any services are implemented--who has access to program files? What information is recorded in those files? Under what circumstances can counseling staff share information with other professionals who are providing services to the same child?

In terms of program design and development, Niven urges planners to ensure that evaluation is an integral component of any program. "Begin with a careful needs assessment," he advises, "in order to determine what services already exist and to ascertain whether these programs have been evaluated for effectiveness." This information will provide the necessary background to help those designing programs to select measurable short- and long-term objectives that can be used in the evaluation component.

For more information about how to plan services at the community level, NIAAA recommends the following free publications:

- A Growing Concern: How to Provide Services for Children from Alcoholic Families(The National Clearinghouse for Alcohol and Drug Information, P.O.Box 2345, Rockville, MD 20852, (301) 468-2600.)

- Report of the Conference on Prevention Research(The Children of Alcoholics Foundation, Inc., 1200 Park Avenue, 31st Floor, New York, NY 10166, no charges.)

DEPARTMENT OF HEALTH & HUMAN SERVICES

Public Health Service

Alcohol, Drug Abuse, and
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Rockville MD 20857

My Dear Friend:

I'll bet that you think no one knows how you feel when your mom or dad drinks too much, right? Wrong! I do know how you feel because one of my parents is an alcoholic.

It is not easy, is it? When I was your age I felt so alone with the problem at home. I was scared to tell anyone, and sometimes, when it was really bad, my stomach would hurt because I thought it might be my fault. None of my friends ever spent the night at my house because I did not want them to know. I felt ashamed, like I was not quite as good as the rest of the kids.

Know what else I felt? MAD! I thought drinking meant that my alcoholic parent did not really love me. I hated those booze bottles, and sometimes I even thought I hated my alcoholic parent. Then I would feel guilty, and my stomach would hurt more.

When I grew up and moved away, I met other people who had alcoholic parents. We talked a lot, and I learned a lot about drinking problems like the one that messed up my family. I felt free at last! You will probably feel that way some day too, even though it does not seem possible to you now.

You know what? I wish I had known the truth about alcoholism when I was your age. It would have made me feel a **lot** better. I did not have a friend to tell me the truth--but you do! I care about you, and I want you to know these facts. Please try to remember them when things get bad, and I'll bet you will feel better.

FACT #1 **Alcoholism is a disease**, just like diabetes or heart trouble. Your parent is not a bad person; he or she just has a disease that makes him or her lose control when drinking. People who have diseases do not like to be sick. Maybe the disease makes them do mean or stupid things that they would not do if they were well.

FACT #2 **You cannot control your parent's drinking. And it is not your fault.** So do not worry about hiding his or her bottles or trying to be perfect so you will not trigger a drinking spree. No one in the world is perfect. You are not the reason why your parent drinks. You did not cause the disease. In fact, your parent would drink even if you had never been born! So do not feel guilty.

FACT #3 **You are not alone.** There are lots of kids just like us. I'll bet there are some in your class at school--kids you would never think have a problem-drinking parent, because like you they don't talk about it. Or maybe you know who some of them are. There are 7 million children with alcoholic parents in America. We are a big team!

FACT #4 **You <u>can</u> talk about the problem, and it will make you feel better.** There is a group of kids just like you and me called "Alateen." This group has meetings, just like a club, and the kids there share tips on how to make their lives easier. Look for the phone number of Alateen in the phone book, or call directory assistance (411) and ask for the number of Alateen. If you do not find a listing for Alateen, call the local chapter of Alcoholics Anonymous for direction. You may find these meetings very helpful. Maybe a family member or a family friend can give you a ride to the meeting.

Even if you cannot go to Alateen meetings, please don't forget the four facts, OK? They will make you feel better.

A Friend Who Has Been There

Questions And Answers About Alcohol Problems

Question: What is alcoholism?
Answer: Alcoholism is a disease. People who have the disease have lost control over their drinking and are not able to stop without help.

Question: How does alcoholism start?
Answer: Doctors don't know why people become alcoholics. Some start out drinking a little bit and end up hooked on alcohol. A person may drink to forget problems or to calm nerves and end up needing alcohol to feel normal. Once a person loses control over drinking, he or she needs help to stop.

Question: Why can't an alcoholic just stop drinking?
Answer: One of the symptoms of alcoholism is that the person has lost control over drinking--and that makes it very hard for the alcoholic to stop drinking.

Question: If the alcoholic is sick, why doesn't he or she go to a doctor?
Answer: At first, the alcoholic is not aware that he or she is ill. Even when the alcoholic becomes aware that all is not well, he or she may be the last one to believe that alcohol is the problem.

Question: Is there an "average" alcoholic?
Answer: No. There is no such person as the average alcoholic. Alcoholics can be young, old, rich, poor, male, or female.

Question: What is the cure for alcoholism?
Answer: There is no cure for alcoholism except stopping the disease process by stopping drinking.

Question: Can family members make an alcoholic stop drinking?
Answer: No. It is important to know that an alcoholic needs help to stop drinking, but no one can be forced to accept help. It is also important to know that family members alone cannot provide the help that the alcoholic needs. An alcoholic needs the help of people trained to treat the disease.

Question: How many people in the United States have at least one alcoholic parent?
Answer: About 7 million children are growing up with at least one alcoholic parent; nearly 21 million adults grew up in homes with an alcoholic parent.

Question: If I can't make my alcoholic parent stop drinking, what can I do to make myself feel better?
Answer: Talk to someone you trust about the problem, like a teacher, Scout leader, or sports coach. Also, there is a group of kids who have alcoholic parents called "Alateen." Alateen has meetings, like a club, and the kids share tips on how to make life easier.

Question: How can I find Alateen?
Answer: Look for the phone number of Alateen in the phone book, or call directory assistance (411) for the number of Alateen. If you have one parent who does not drink a lot, or a relative or a family friend, maybe he or she will take you to an Alateen meeting.

What Should You Do?

DO talk about your feelings with a close friend, relative, teacher, pastor, or others. Sharing your feelings is not being mean to your family--it's a normal part of being human! Talking to someone about your feelings can help you feel less alone, and that person might be able to comfort you.

DO try to get involved in doing fun things at school or near where you live--the school band, softball, Boy or Girl Scouts, or others. Doing these types of fun things can help you forget about the problems at home and can help you feel better about yourself.

DO remember that your thoughts and feelings are normal. It's OK to hate the disease of alcoholism and love your alcoholic parent--both at the same time! All people have self-doubts and mixed-up feelings. It's part of growing up.

DO remember how to have fun! Sometimes children with alcoholic families worry so much that they forget how to be "just a kid." You deserve a good case of the giggles sometimes and special treats just because you are YOU. If things are bad at home, you might not have anyone who will help you have fun. But that doesn't have to stop you. Find a friend who likes to act nutty sometimes, or help yourself to the "crazies." Jump in a pile of leaves, learn the latest dance steps, see how far you can spit a watermelon seed...there are a million ways to have fun!

DO go to Alateen meetings if you can. Meeting new friends who understand will remind you of this fact--YOU ARE NOT ALONE!

DON'T ride in a car when the driver has been drinking if you can avoid it. It is not safe. Walk, or try to get a ride with an adult friend who has not been drinking.

DON'T feel guilty or ashamed about the problem at home. Alcoholism is a disease, and diseases are nobody's fault. Anybody who makes fun of alcoholics just doesn't understand that fact. (By the way, just because your parent is an alcoholic doesn't mean you will be an alcoholic when you grow up. In fact, most children of alcoholics do not become alcoholics.)

DON'T try to convince your parent to stop drinking when he or she is drunk. The drinker is not thinking clearly at such times and may forget what you say.

DON'T pour out or try to water down your parent's alcohol. The plain fact is that it won't work. You have no control over the drinking. You didn't make the problem start, and you can't make it stop. It is up to your parent to get treatment, so relax. What your parent does is not your responsibility or your fault. So give yourself a break!

Treatment for Alcohol Problems: How To Find Help

If you or someone you know is having problems because of alcohol, this Fact Sheet can help you become aware of the alcohol treatment services available in your community or nearby.

This Fact Sheet does not provide information on specific alcohol treatment programs, but it does provide referral information that can direct you to local, State, and national resources that can address your specific needs.

There are numerous health care professionals and specially trained counselors in your community who offer a wide range of treatment programs in a variety of settings. They are only a phone call away.

The professionals and organizations listed in this Fact Sheet can help you determine the most appropriate and convenient services for you: residential centers for long-term care, outpatient clinics, hospital services, halfway houses, or special counseling groups. (Today, many health insurance providers offer benefit plans that include some provisions for treating alcohol problems—many even provide for hospitalization for alcohol detoxification or therapy.)

NCADI

National Clearinghouse for Alcohol and Drug Information

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A Service of the ADAMHA's Office for Substance Abuse Prevention

Your Local Community

In most communities; there are numerous local resources that can either provide you with information about treatment resources or can direct you to actual treatment services. The following are some examples.

Physicians (including psychiatrists) are often the first ones to diagnose an alcohol problem. Some physicians may even be able to assist in the care of alcoholic patients and their families as part of their private practice. If your physician is not experienced in the treatment of alcoholism, request help in seeking a referral to alcoholism treatment resources that are most appropriate for you.

Information and referral programs are frequently available in local communities and can offer information on a wide range of subjects. Specialized alcoholism information and referral programs also exist in some communities. Consult the telephone directory under "information and referral" or "alcoholism."

Private alcoholism treatment facilities exist in many communities. These facilities offer a variety of alcoholism treatment services and can be contacted directly for information about costs and services provided by their specially-trained staff. These centers are usually listed in your telephone directory under "alcoholism" or "alcoholism treatment."

Hospitals are sources of information about alcoholism treatment and also provide a variety of alcoholism treatment services. Community and private hospitals, Veterans Administration hospitals and facilities, and Indian Health Service hospitals are important resources in the treatment of alcohol-related medical problems.

Your **local county health department and social services department** are sources of information about community facilities, including those providing alcoholism services. These public health and social service agencies are found in the telephone directory under local government listings.

Many localities operate **community mental health centers.** Alcoholism treatment is part of the continuum of health care and social services provided by the centers. Community mental health centers are also excellent sources of information about other treatment resources nearby. The centers are usually listed under "mental health" in the telephone directory.

A **family service agency** in your community is an important source for referral information and may itself offer a variety of services—including treatment or referral for the alcoholic and his or her family. Check the telephone listings or contact the community council or United Way in your area.

Your **clergyman or spiritual counselor** can be a source of information and referral regarding alcoholism treatment. Clergy and religious leaders may also be skilled and experienced counselors. Many religious organizations sponsor or operate treatment facilities as well.

Your **employer** may have joined thousands of other organizations and businesses in establishing an employee assistance program. These programs employ professionals trained in providing you with information and, if necessary, referral for treatment.

Your State and National Resources

If you have had difficulty identifying a satisfactory community resource for treating alcohol problems, or if there is not an appropriate service in your area, you may wish to contact the following State and national resources for more information. (In addition, there are many local affiliates of these organizations in your community.)

Each State has a **department of alcoholism services**, a governmental agency that is responsible for alcohol-related programs, resources, and initiatives offered throughout the State. States vary widely in the titles of their alcoholism agencies and in their organizational affiliation within State government structures. In some instances, the alcohol and drug abuse agencies are combined. To locate your State alcoholism agency, look in your telephone directory under "State government" listings. Or contact the National Association of State Alcohol and Drug Abuse Directors, 444 N. Capitol St., N. W., Suite 520, Washington, D.C. 2000l. Or call (202) 783-6868.

National Clearinghouse for Alcohol and Drug Information (NCADI) is an information service of the Office for Substance Abuse Prevention (OSAP). The Clearinghouse staff can answer your questions about prevention, intervention, and treatment of alcohol and other drug problems. Information is disseminated free to the public. Write to NCADI, P.O. Box 2345, Rockville, MD 20852. Or call (301) 468-2600 and ask for an information specialist.

National Council on Alcoholism (NCA) is a nonprofit national voluntary health agency with several hundred local affiliates that are well acquainted with the problems of alcoholics and are dedicated to helping them. Information about alcoholism and treatment opportunities is available through local affiliates. In some instances, counseling of alcoholics and their families may be provided through the local unit as well. Look for the listing of your local NCA affiliate in the telephone directory. If you are having difficulty locating a unit near you, write to NCA at l2 West 21st Street, New Seventh Floor, New York, NY 10010. Or call (212) 206-6770.

Alcoholics Anonymous (AA) is a voluntary fellowship open to anyone who wants to achieve and maintain sobriety and is an important adjunct to many treatment programs. The fellowship was founded in l935 by two individuals in an effort to help others who suffer from the disease of alcoholism. AA is the oldest of the organizations designed to help alcoholics help themselves. It is estimated that there are more than 1 million members in local chapters worldwide. For further information, look under "Alcoholics Anonymous" in your telephone directory. The Alcoholics Anonymous General Service Office can help in locating a nearby affiliate. Write to them at P.O. Box 459, Grand Central Station, New York, N.Y. 10163. Or call (212) 686-1100.

Al-Anon is an organization for spouses and other relatives and friends of alcoholics. The Al-Anon groups help families and friends cope with the problems that arise from another's drinking, and help foster understanding of the alcoholic through sharing experiences. Local groups are listed in your telephone directory under "Al-Anon Family Groups." Al-Anon Family Group Headquarters can assist you in finding a nearby affiliate. Write to Al-Anon Family Group Headquarters at P.O. Box 862, Mid Town Station, New York, N.Y. 10018. Or call (212) 302-7240.

Alateen, a part of Al-Anon, is for young people whose lives have been affected by the alcoholism of a family member or close friend. Members of Alateen fellowships help each other by sharing their experiences and their strength. Alateen is listed in some telephone directories, or information may be obtained by contacting local Al-Anon groups. If you are having trouble locating an Alateen affiliate near you, contact Al-Anon Family Group Headquarters at the previously listed address and telephone number.

Women for Sobriety, Inc. is a national organization with local units that address the specific needs of women with alcohol-related problems. The program is used by many women in combination with other alcoholism treatment programs or as an alternative to other programs. Consult your telephone listings for a local unit or write to Women for Sobriety, Inc., P.O. Box 618, Quakertown, PA 18951 for assistance and more information. Or call (215) 536-8026.

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Children of Alcoholics

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A service of the Office for Substance Abuse Prevention, of the Alcohol, Drug Abuse, and Mental Health Administration

During the past decade, there has been a surge of interest in children of alcoholics and alcohol abusers and the problems some of them face. It is estimated that in the United States there are currently 7 million children of alcoholics under the age of 20 years and approximately 21 million adults who are children of alcoholics.

To date, studies of this population have focused mainly on a variety of psychological problems or on the risk of alcoholism experienced by such children. Psychological problems attributed to such children have been numerous and varied. However, a variety of coping mechanisms seen in children of alcoholics have also been identified, including those that suggest that some may be very responsible and high-achieving adults relatively free of long-term psychopathology.

The nature of the impact of parental alcoholism on children needs much more investigation. There are, for example, no long-term data regarding what happens to these children.

The purpose of this **Update**, is to help those interested in this subject find further information. The entries have been organized into three sections: **Publications** (including books, conference papers, journal articles, and pamphlets and periodicals); **Audiovisuals** (including films, videotapes, filmstrips, and audiotapes); and **Organizations** (that provide additional information). The listing is not intended to be exhaustive but serves, rather, as a starting point for professionals and lay readers interested in current information on this topic. Throughout the list, two acronyms are used: "COA" for "children of alcoholics" and "ACOA" for "adult children of alcoholics." Following each abstract, a notation providing availability and price information appears (prices are subject to change).

Publications

Books

Ackerman, R.J. *Children of Alcoholics: A Guidebook for Educators, Therapists, and Parents.* 2nd ed. Holmes Beach, FL: Learning Publications, Inc., 1983. 215 pp. The emotional, developmental, physiological, and social problems and characteristics of COA's are described. Special topics include the role of the school and the educator, implications for the therapist, and recommendations for parents.

Availability
Learning Publications, Inc.
P.O. Box 1326
Holmes Beach, FL 33509
(Cost: hardback, $14.95; paper, $9.95)

Al-Anon Family Groups. *Alateen: Hope for Children of Alcoholics.* New York: Al-Anon Family Groups, 1973. 134 pp. Introduces the teenager to Alateen and explains Al-Anon's views on alcoholism and the 12 steps. Also contains personal stories of COA's.

Availability
Hazelden Educational Materials
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $4.50)

Barnes, G.M. *Alcohol and Youth: A Comprehensive Bibliography.* Westport, CT: Greenwood Press, 1982. 452 pp. Several hundred references concerning COA's are included in this bibliography.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $49.95; Order No. 007A)

Black, C. *It Will Never Happen to Me.* Denver, CO: M.A.C. Printing, 1981. 184 pp. Discusses the roles of the Responsible Child, the Adjuster, the Placater, and the Acting Out Child, and the progression of these roles: don't talk, don't trust, don't feel. Also discusses the "child within the adult" and counseling for ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $7.95; Order No. 048A)

Blume, S. *Report of the Conference on Prevention Research.* New York: Children of Alcoholics Foundation, in press. Contains discussions of the application of current research to prevention and priority needs to improve prevention programming, program design, and program evaluation, as well as strategies to improve prevention research. Priority research needs identified by participants include continued search for biomedical and psychosocial markers for special vulnerability to alcoholism; longitudinal interdisciplinary studies of predisposing and precipitating factors for alcoholism, FAS, and other illnesses; development of practical techniques for screening and identifying children of alcoholics in a wide variety of settings and matching them to prevention needs; and studies of social systems serving alcoholic families and the social and economic costs involved.

Availability
Children of Alcoholics Foundation, Inc.
540 Madison Avenue, 23rd Floor
New York, NY 10022
(No cost)

Children of Alcoholics Foundation. *Report of the Conference on Research Needs and Opportunities for Children of Alcoholics.* New York: Children of Alcoholics Foundation, 1984. 21 pp. Presents the findings of 18 medical experts who were invited to review the current state of knowledge, identify the most important questions facing researchers, review recent research advances, and suggest strategies to inform and stimulate interest among researchers, clinicians, educators, administrators, and other decisionmakers.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10168
(No cost)

Cork, R.M. *The Forgotten Children.* Toronto: Paperjacks, 1969. 112 pp. For years, this was the only published study about COA's.

Availability
Hazelden Educational Materials
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $2.95)

Deutsch, C. *Broken Bottles, Broken Dreams: Understanding and Helping Children of Alcoholics.* New York: Teachers College Press, 1982. 232 pp. A scholarly treatment of the problems and needs of young COA's, this book is intended for educators and other helping professionals.

Availability
Harper & Row
Keystone Industrial Park
Scranton, PA 18512
(800)242-7737
(Cost: $13.95)

Goldman, W. *The Color of Light.* New York: Warner Books, 1984. 352 pp. In this novel, the writer has created the first protagonist to attend a meeting of ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 4423
Rutherford, NJ 07070
(Cost: $17.50; Order No. 027)

Goodwin, D. Role of genetics in the expression of alcoholism: Overview. In: Galanter, M., ed. *Recent Development in Alcoholism.* Vol.1. New York: Plenum Press, 1983. pp. 3-8. Reviews findings from several twin and adoption studies in different countries and using different methodologies. It is noted that these conclusions apply primarily to men, since the studies of women have produced ambiguous results.

Availability
Plenum Press
233 Spring Street
New York, NY 10013
(Cost: $55.00)

Gravitz, H.L., and Bowden, J.D. *Guide to Recovery: A Book for Adult Children of Alcoholics.* Holmes Beach, FL: Learning Publications, Inc., 1985. 156 pp. Presents a guide to recovery for ACOA's. Discusses roots, survival, emergent awareness, core issues, transformations, integrations, and genesis. Also includes reading and resource lists.

Availability
Learning Publications, Inc.
P.O. Box 1326
Holmes Beach, FL 33509
(Cost: $9.95)

Children of Alcoholics

Lawson, G.; Peterson, J.S.; and Lawson, A. *Alcoholism and the Family.* Rockville, MD: Aspen Systems Corporation, 1983. Includes a chapter on COA's and notes that COA's are at high risk for developing behavioral and emotional problems as well as problems with alcohol. Concludes that treatment for alcoholic families should include the children.

Availability
Aspen Systems Corporation
1600 Research Boulevard
Rockville, MD 20850
(Cost: $28.95)

Meryman, R. *Broken Promises, Mended Dreams: An Alcoholic Woman Fights for Her Life.* Boston: Little, Brown and Company, 1984. 351 pp. Dramatizes a woman's gradual recovery from alcoholism and its effects on her husband and children. The thinking patterns and behavior of the alcoholic are reflected by the central character in the story.

Availability
Little, Brown and Company
200 West Street
Waltham, MA 02154
(Cost: $15.95)

Murray, R.M.; Clifford, C.A.; and Gurling, H.M. Twin and adoption studies: How good is the evidence of a genetic role? In: Galanter, M., ed. *Recent Developments in Alcoholism.* Vol. 1, New York: Plenum Press, 1983. pp. 25-48. Despite limitations of twin and adoption studies, concludes that the balance of evidence indicates that a modest genetic predisposition exists in men (though similar evidence for women so far is lacking). Calls for further studies to elucidate what is inherited and to examine the nature of gene-environment interactions.

Availability
Plenum Press
233 Spring Street
New York, NY 10013
(Cost: $55.00)

National Institute on Alcohol Abuse and Alcoholism. *A Growing Concern: How to Provide Services for Children from Alcoholic Families.* DHHS Pub. No. (ADM) 83-1257. Washington, DC: Supt. of Docs., U.S. Govt. Print. Off., 1983. 39 pp. Summarizes the problems and needs of children of alcoholics, discusses approaches that caregivers can use to develop treatment services, and examines cultural issues in service delivery. Also serves as a resource manual.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request PH196)

National Institute on Alcohol Abuse and Alcoholism. *Services for Children of Alcoholics.* Research Monograph No. 4. DHHS Pub. No. (ADM) 81-1007. Washington, DC: Supt. of Docs., U.S. Govt. Print. Off., 1981. 191 pp. Conference proceedings describing issues relating to identification, intervention, treatment, and prevention with COA's.

Availability
Library

Richards, T.; Morehouse, E.; Seixas, J.; and Kern, J. Psychosocial assessment and intervention with children of alcoholic parents. In: Cook, D.; Fewell, C.; and Riolo, J., eds. *Social Work Treatment of Alcohol Problems.* New Brunswick, NJ: Rutgers Center of Alcohol Studies, 1983. 115 pp. Describes the characteristics of alcoholic homes and the feelings and behavior of children living therein, including recurring stereotypical roles (e.g., hero, scapegoat, mascot). Discusses the effect of impaired ego functioning on the child's ability to cope with the stresses of the alcoholic home, and illustrates with case studies. Provides intervention guidelines.

Availability
Publications Division
Rutgers Center of Alcohol Studies
P.O. Box 969
Piscataway, NJ 08854
(Cost: $15.00)

Russell, M; Henderson, C.; and **Blume, S.B.** *Children of Alcoholics: A Review of the Literature.* New York: Children of Alcoholics Foundation, 1985. 68 pp. Reviews and discusses the available literature on a number of topics including genetic and biochemical factors in alcoholism, effects of in utero exposure to alcohol, psychiatric and physical disorders associated with alcoholism, family studies, prevention and treatment, and ethics and public policy issues.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10166
(No cost)

Seixas, J.S., and **Youcha, G.** *Children of Alcoholism: A Survivor's Manual.* New York: Crown Publishers, 1985. 208 pp. Describes life in an alcoholic home from the perspective of children; discusses the physical and emotional aspects of alcoholism and how these affect the lives of ACOA's. Also provides information and insight to help ACOA's cope with 'hangovers' from the past. Contains a listing of organizations, books, and pamphlets.

Availability
Crown Publishers, Inc.
One Park Avenue
New York, NY 10016
(Cost: $14.95)

Wegscheider, S. *Another Chance: Hope and Health for the Alcoholic Family.* Palo Alto, CA: Science & Behavior Books, 1980. 256 pp. Provides a discussion of the roles of enabler, hero, scapegoat, lost child, and family clown. Also proposes guidelines for alcoholism professionals and other therapists who are coming to grips with their own experience in a family with alcoholism.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $14.95; Order No. 010A)

Woititz, J.G. *Adult Children of Alcoholics.* Pompano Beach, FL: Health Communications, 1983. 106 pp. Written for and about ACOA's—their thoughts, attitudes, reactions, feelings. Describes what happens to many of these children in their youth and adulthood; discusses how some manifest poor self image, and suggests specific ways to change. Provides guidelines for children of alcoholic parents that may be useful in helping to break the cycle of dysfunctional behavior.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $5.95)

Woititz, J.G. *Struggle for Intimacy.* Pompano Beach, FL: Health Communications, 1985. 100 pp. Explores the barriers to trust and intimacy learned by children who grow up in alcoholic families. Chapters address a wide variety of topics including the fear of loss of self, fear of abandonment, anger, guilt and shame, boundaries, and issues in sexuality. Also contains a chapter designed to help friends, partners, and spouses to better understand the special problems and needs of adult COA's.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $6.95)

Wolin, S., and **Bennett, L.** Heritage continuity among the children of alcoholics. In: Gottheil E.; Druley, K.A.; Skoloda, T.E.; and Waxman, H.M. *Etiologic Aspects of Alcohol and Drug Abuse.* Springfield, IL: Charles C Thomas, 1983. 360 pp. Argues that COA's may develop an "alcoholic family identity" and that this identity puts the child at increased risk for alcoholism or for marrying someone with an alcohol problem. The process is illustrated with a case study describing three married siblings who represent an alcoholic family's second generation.

Availability
Charles C Thomas, Publisher
2600 South First Street
Springfield, IL 62717
(217) 789-8980
(Cost: $39.75)

Woodside, M. *Children of Alcoholics: A Report to Hugh L. Carey, Governor, State of New York.* New York: Children of Alcoholics Foundation, 1982. 50 pp. Presents findings on the special needs and problems of COA's in New York State. Reviews the literature on genetic transmission of alcoholism, the incidence of alcoholism within families, the effects of environment, and treatment issues. Also reviews services available throughout the State and offers recommendations for future directions.

Availability
Children of Alcoholics Foundation, Inc.
1200 Park Avenue, 31st Floor,
New York, NY 10166
(No cost)

Pamphlets and Periodicals

Al-Anon Family Groups, Inc. *Al-Anon Is for Adult Children of Alcoholics.* A reprint of articles about ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.35; Order No. 035A)

Children of Alcoholics

Al-Anon Family Groups, Inc. *Al-Anon Sharings from Adult Children.* Includes personal stories of ACOA's who have been helped in their own recovery by Al-Anon.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.90; Order No. 005A)

Al-Anon Family Groups, Inc. *Did You Grow Up with a Problem Drinker?* Al-Anon's answer to "the problem and solution." Discusses characteristics of some ACOA's.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: $0.05; Order No. 028A)

Black, C. *My Dad Loves Me, My Dad Has a Disease.* Denver, Co: M.A.C. Printing, 1979. 76 pp. This workbook is designed to help young children learn about themselves, their feelings, and the disease of alcoholism in their families through art therapy.

Availability
Thomas W. Perrin
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
(Cost: $6.95; Order No. 51A)

COA Review: The Newsletter About Children of Alcoholics. A bimonthly periodical that began publication in January 1983. Draws attention to the problems faced throughout their lives by persons who grow up in alcoholic families. International and interdisciplinary in scope. Reports findings from scientific journals in a wide variety of disciplines.

Availability
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(Cost: 6 issues, $9.50; 12 issues, $18; 18 issues, $26)

Deutsch, C. *Children of Alcoholics: Understanding and Helping.* Hollywood, FL: Health Communications, Inc., 1983. 12 pp. Describes the wideranging effects of familial alcoholism on children including the roles children adopt for survival, their often impaired sense of reality, and their dependence on denial as a coping mechanism.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $0.75)

Jones, P. *Brown Bottle: A Fable for Children of All Ages.* Center City, MN: Hazelden Foundation, 1983. 40 pp. Presents an allegory of alcoholism in the illustrated story of Charlie the caterpillar. A children's book intended for elementary school children.

Availability
Hazelden Foundation
Box 176
Pleasant Valley Road
Center City, MN 55012-0176
(Cost: $4.95)

Typpo, M.H., and **Hastings, J.M.** *Elephant in the Living Room.* Minneapolis, MN: Compcare Publications, 1984. A program designed to help children from 7 years to early adolescence cope with the problems of living with a problem-drinking or drug-abusing parent or sibling. The leader's guide (129 pp.) is primarily for adults working with children in groups. The children's book (84 pp.) uses a workbook format with line drawings to help children understand alcoholism as a disease, realize they are not alone, learn to express feelings appropriately, improve self esteem and family relationships, make decisions, and seek support through Alateen, Alatot, and other resources.

Availability
Compcare Publications
2415 Annapolis Lane
Minneapolis, MN 55441
(Cost: leader's guide, $7.95; workbook, $6.00)

Woititz, J.G. *Adult Children of Alcoholics: Common Characteristics.* Hollywood, FL: Health Communications, 1983. 11 pp. Presents statements made by ACOA's about themselves and explanations for such self concepts. Notes that because ACOA's have little experience with what is normal, they must guess. The results are often a negative self image, extremes in feelings or behaviors, and difficulties in relationships.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: $0.75)

Conference Papers

Bennett, L. "A Comparison of Children from Alcoholic and Nonalcoholic Families: Cognitive and Psychosocial Functioning." Paper presented at the National Council on Alcoholism Forum, Washington, DC, 1985. Discusses findings from studies of children from alcoholic and nonalcoholic-families. Analyzes data on four variables and reports that there are significant differences between children from alcoholic and nonalcoholic families on all four variables, including self-esteem and other cognitive factors.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Ms. Lull
New York, NY 10010
(No cost)

Cermak, T.L. "Parallels in the Recovery Process for Alcoholics and Adult Children of Alcoholics." Paper presented at the National Council on Alcoholism Forum, Houston, TX, 1983. The author contends that a similar sequence of stages in recovery must be encountered by both the alcoholic and ACOA's: breakdown of denial, awareness of identity, the reality of alcoholism, uncovering core issues, and the issue of control.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Miss Lull
New York, NY 10010
(No cost)

Johnson, J. "Risk and Protective Factors in Children Vulnerable to Alcohol Abuse." Paper presented at the National Council on Alcoholism Forum, Washington, DC, 1985. Discusses the importance of conducting longitudinal studies of complicated risk factors. Also examines the factors that place children at risk for developing alcoholism and those that protect children from developing the disease.

Availability
National Council on Alcoholism
12 West 21st Street
7th Floor
Attention: Ms. Lull
New York, NY 10010

Noll, R.B.; Zucker, R.A.; Weil, C.; and **Greenberg, G.S.** "Cognitive Factors in Substance Abuse: The Case for Early Learning." Paper presented at the American Pyschological Association Annual Meeting, Toronto, Ontario, Canada, 1984. Presents findings from two studies conducted to determine whether preschool children know about alcoholic beverages and their uses. In the studies, most children ages 2.5 to 6 years could recognize alcoholic beverages by smell. When shown pictures of adults engaged in various activities, they selected alcoholic beverages as appropriate for adults far more often than they selected those beverages as appropriate for children. Children from families with an alcoholic parent performed these tasks only slightly differently from children from nonalcoholic families.

Availability
American Psychological Association
1400 N. Uhle Street
Arlington, VA 22201

Soyster, C. "Adult Children of Alcoholics: Heir of Shame." Paper presented at the American Psychological Association Annual Meeting, Toronto, Onatario, Canada, 1984. Conflict over control becomes the basis of anxiety COA's carry into adulthood. The author believes this conflict is rooted in shame over the "family secret" and cites case histories of women who are ACOA's and in group or individual therapy. Developmental stages of the COA and the relationship with the parents are described. The author suggests that one goal of therapy is modifying goals to be realistic and attainable.

Availability
American Psychological Association
1400 N. Uhle Street
Arlington, VA 22201

Journal Articles

Black, C. Teaching, talking, touching. *Alcoholism: The National Magazine* 5(2):26-28, 1984. The author describes typical problems of COA's: inability to trust, intense guilt, and a propensity toward alcoholism and other chemical addictions. She created the Stamp Game to help COA's express their feelings in small therapy groups. COA's tend to adopt one of four roles in the family and later life: the responsible child, the adjuster, the acting-out child, or the placator. Many COA's also marry alcoholics.

Availability
Library

Children of Alcoholics

Brooks, K.F. Adult children of alcoholics: Psychosocial stages of development. *Focus on Family and Chemical Dependency* 6(5):34-36, 1983. Examines the development of ACOA's within the context of eight developmental stages outlined by personality theorist Erik Erikson. The first four stages are dominated by unconscious drives, while the last four are dominated by conscious thought processes.

Availability
Library

Cermak, T.L., and **Brown, S.** Interactional group therapy with the adult children of alcoholics, *International Journal of Group Psycho-Therapy* 32:375-389, 1982. Reports the preliminary results of a project employing a group therapy with adult children of alcoholics. Discusses typical conflicts observed over issues of control, trust, personal needs, responsibility, and feelings; contends that the conflicts derive from the coping styles of the family members and the impact of alcoholism on the family.

Availability
Library

Diaz, P., and **Slotwiniski, J.** Helping children to help themselves. *Focus on Family and Chemical Dependency* 7(2):26-27, 1984. Project Rainbow is a treatment center for COA's with a special focus on children from Hispanic families.

Availability
Library

el-Guebaly, N., and **Offord, D.R.** The Offspring of Alcoholics: A critical review. *American Journal of Psychiatry* 134:357-365, 1977. Good review of the literature up to 1977.

Availability
Library

el-Guebaly, N., and **Offord, D.R.** On being the offspring of an alcoholic: An update. *Alcoholism: Clinical and Experimental Research* 3:148-157, 1979. Reviews advances in research that occurred between 1977 and 1979.

Availability
Library

Flanzer, J. Alcohol abuse and family violence: The domestic chemical connection. *Focus on Family and Chemical Dependency* 7(4):5-6, 1984. Family violence includes spouse abuse, child abuse, child sexual abuse, severe child neglect, adolescent abuse, sibling abuse, parental abuse, and elder abuse. The issues surrounding family violence and alcoholism include the ability to reassert control, mastery over the moment, and helping to reduce feelings of hopelessness, depression, and despair.

Availability
Library

Focus on Alcohol and Drug Issues 6(2), (3), (4), 1983. These three magazine issues focus on the chemically dependent family. Topics include treatment programs for COA's; planning community-based services; providing prevention programs through the schools; intervening through community services; and establishing training seminars for elementary school personnel and counselors to identify COA's.

Availability
Focus on Alcohol and Drug Issues
U.S. Journal of Drug and Alcohol Dependence, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
(Cost: single issues, $4.00 each; discount for 10 or more copies)

Goodwin, D.W. Familial alcoholism: A separate entity? *Substance and Alcohol Actions/Misuse* 4(2/3):129-136, 1983. Reviews findings from twin, adoption, and high-risk studies of alcoholism.

Availability
Library

King, B. Betraying the alcoholic or protecting the child? The dilemma of confidentiality. *Alcoholism: The National Magazine* 3(7):59-61, 1983. Discusses the conflict that arises from the sometimes competing interests of the addicted parent and the abused child. Discusses the broad nature of confidentiality laws and their implication.

Availability
Library

Lanier, D.C. Familial alcoholism. *Journal of Family Practice* 18:417-422, 1984. Reviews evidence of genetic and environmental influences on the development of familial alcoholism and describes newly postulated diagnostic categories. Provides guidelines for taking a family alcoholism history and discusses the family physician's role in diagnosis, intervention, and prevention.

Availability
Library

Lovinfosse, M. Incest connection. *Alcoholism: The National Magazine* 5(2):51, 1984. Contends that alcohol is a factor in a high percentage of child abuse cases, including incest, neglect, violence, and exploitation. Notes that COA's often continue the cycle of alcoholism and child abuse in the next generation.

Availability
Library

Middleton, J.L. Double stigma: Sexual abuse within the alcoholic family. *Focus on Family and Chemical Dependency* 7(5):6, 10-11, 1984. Examines the stigma and taboos of sexual abuse within the alcoholic family. Urges professionals to address the question of sexual abuse so that they might better serve their clients.

Availability
Library

Morehouse, E.R. Working in the schools with children of alcoholic parents. *Health and Social Work*, 4(4):144-162, 1979. Describes some psychological features seen in children of alcoholics, discusses the appropriateness of the school setting as an arena for intervention, and offers suggestions and guidelines to school social workers for carrying out interventions.

Availability
Library

Musello, D. Steady streams of double messages: Adult children of alcoholics. *Focus on Family and Chemical Dependency* 7(4):9, 11, 1984. Attributes the ACOA personality, as described by therapist Janet Woititz, to elements in the alcoholic home that send "double messages" to the growing child. Such messages can lead to an adulthood marked by a distorted sense of reality, poor relationships, and feelings of powerlessness over life. Argues that traditional client-centered psychotherapy will be useless for ACOA's and urges therapists to become more involved with ACOA clients and not assume that answers to the problem lie with the client. Recommends that therapists credit ACOA's for the survival mechanisms they developed in an alcoholic home.

Availability
Library

National Institute on Alcohol Abuse and Alcoholism. *Alcohol Health and Research World* 8(2), 1984. Special issue devoted to COA's and ACOA's. Includes articles on research on children of alcoholics and child abuse; the role of maintaining family rituals in reducing generational recurrence of alcoholism; counseling and treatment of COA's and ACOA's in the juvenile justice system. Interviewees recommend areas for further research.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request RPO497)

Nicholson, S.M. Preschoolers from chemically dependent families. *Focus on Alcohol and Drug Issues* 6(4):16-17, 1984. Suggests techniques for counseling preschoolers, including the provision of a nurturing environment, instructor participation in activities, education about substance abuse, support to share experiences, storytelling, and art sessions. Through such therapy, the author says children can learn how to deal with their feelings, examine their alternatives, cope with their environment, and learn that some families operate differently from the way theirs do.

Availability
Library

Perrin, T.W. Parenting. *Alcoholism: The National Magazine* 5(2):23, 1984. When children of alcoholic parents become parents themselves, they want to give better parenting than they received, yet they fear they will fail. ACOA's must learn to confront and cope with guilt, faulty reasoning, and a desire for perfection in reaction to their own upbringing. The author contends that children share responsibility for how they turn out.

Availability
Library

Pilat, J.M., and **Jones, J.W.** Identification of children of alcoholics: two empirical studies. *Alcohol Health and Research World* 9(2):27-33, 36, 1984/5. Discusses a screening instrument used to identify COA's, the Children of Alcoholics Screening Test (C.A.S.T.); the results of two research studies using C.A.S.T.; and the implications for further research. The results of one study indicate that some COA's survive life in an alcoholic family system by exercising control over their environment. The other study suggests that professionals who are themselves COA's often make the best therapists provided they have worked through their own issues.

Availability
National Clearinghouse for Alcohol and Drug Information
P.O. Box 2345
Rockville, MD 20852
(No cost; request RPO510)

Tarter, R.; Hegedus, A.; Goldstein, G.; Shelly, C.; and **Alterman, A.** Adolescent sons of alcoholics: Neuropsychological and personality characteristics. *Alcoholism: Clinical and Experimental Research* 8:216-222, 1984. Demonstrates that children of alcoholics show certain neuropsychological deficits in perceptual-motor ability, memory, and language processing.

Availability
Library

Walker-Weber, J. Aiding the adolescent's search for "self." *Alcoholism: The National Magazine* 3(5):27-28, 1983. Discusses the problems faced by recovering alcoholic parents and their adolescent children. Describes a pattern in which the adolescent clings to his or her previous role and reacts with mistrust of parents' past behavior. Suggests that the adolescent will begin to change once he or she

Children of Alcoholics

acknowledges the permanence of parental changes. Provides suggestions to help the recovering patient deal with adolescent children during the initial recovery period.

Availability
Library

Whitfield, C.L. Children of Alcoholics: Treatment issues. *Maryland State Medical Journal*, June 1980. Treatment issues for children of alcoholics are addressed.

Availability
Library

Wolin, S.J.; Bennett, L.A.; and **Noonan, D.L.** Family rituals and the recurrence of alcoholism over generations. *American Journal of Psychiatry* 136(4B):589-593, 1979. Using the framework of family systems theory, examines the extent of change in family rituals in which at least one parent was or had been alcoholic. Finds that families whose rituals were altered during the period of heaviest parental drinking were more likely to evidence transmission of an alcohol problem to the children's generation than families whose rituals remained intact.

Availability
Library

Audiovisual Resources

Alcohol Facts: For Teenagers Only. Part one documents patterns of alcohol use and abuse among some of today's teens. Part two explores why COA's and teenagers from unhappy homes run a high risk of developing drinking problems. Encourages students to seek specific community help. Advocates peer eduction and alcohol counseling groups as methods to help teenagers resist peer pressure to drink. 1983. Junior and senior high school.

Availability
Sunburst Communications
39 Washington Avenue, Room JT6
Pleasantville, NY 10570
(800) 431-1934
Two filmstrips and guide: Sale $99

Children of Denial. Discusses the denial often present in children of alcoholic parents, including learning not to talk about the parent's alcoholism, learning not to trust, and learning not to feel. 28 min, 1982.

Availability
A.C.T.
30100 Town Center Drive, Suite 211
Laguna Niguel, CA 92677
(714) 499-4806
16mm film or videocassette, and guide: Sale $450; Rental $55/7 days

Co-alcoholic: Hostage in the Home. This audiotape presents a discussion by educator and counselor Stephanie Abbott of the problems encountered by the family of the alcoholic, both children and spouse.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 026A, $7.95

Families of Alcoholics. A segment of ABC's 20/20 report by reporter Geraldo Rivera. Explores the despair, hopes, and fears of family members. Two families tell how the pain of alcoholism affected them and how they learned to cope, survive, and even triumph. 15 min, 1983. High school and above.

Availability
MTI Teleprograms, Inc.
3710 Commercial Avenue
Northbrook, IL 60060
(800) 323-5343
16mm film: Sale $275

A Family Talks About Alcohol. This film dramatizes the problems experienced by a family as a result of one alcoholic member. 30 min, 1983. Junior and senior high school.

Availability
Perennial Education, Inc.
930 Pitner Avenue
Evanston, IL 60202
(800) 323-9084
16mm film: Sale $495; Rental $45/3 days

Growth Stages and Adult Children of Alcoholics. Educator Robert Ackerman explores stages of growth through childhood, adolescence, and into adulthood and the ways these stages are affected by being the child of an alcoholic.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 042A, $7.95

Hope for the Children. Profiles several young children carrying out the reponsibilities their alcoholic parents should be assuming and explores the effects of parental alcoholism on emotional and physical development. Suggests methods to involve children in the family recovery process and to assist in the early diagnosis of COAs. 28 min. Professionals.

Availability
Health Communications, Inc.
1721 Blount Road, Suite 1
Pompano Beach, FL 33069
16mm film and videocassette: Sale $395; Preview $60/3 days; Rental $60/3 days

Human Development and the Children of Alcoholics. Educator Robert Ackerman discusses the ways that children of alcoholics are influenced through stages of human development.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 043A, $7.95

The Hurried Child Syndrome—ACOA's and Co-Dependency. The effects of being raised in a home by an alcoholic parent are discussed by Therapist Robert Subby on this audiotape.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 0444, $7.95

My Father's Son. Describes the effects of chemical dependency on three generations of a working-class family. Follows the self-destructive path of 16-year-old Michael as he grapples with his father's alcoholism and his own behavior that leads him to alcohol abuse. A grown Michael discovers his own son's use of marijuana. 33 min, 1984. High school and above.

Availability
Gerald T. Rogers Productions, Inc.
5225 Old Orchard Road, Suite 23
Skokie, IL 60077
(312) 967-8080
16mm film: Sale $525; Rental $75/ 8-14 days (no charge if returned within 5 days)

Suffer the Children. Delineates the problems faced by children growing up in an alcoholic home. Interviews several children as well as a recently sober mother. Dr. Claudia Black, a therapist for children of alcoholic parents, is also interviewed. Adults.

Availability
Carousel Film and Video
241 East 34th Street, Room 304
New York, NY 10016
(212) 683-1660
16mm film or videocassette: Sale $350

Teenage Alcoholism in Kids from Chemically Dependent Homes. Educator and counselor Patricia O'Gorman discusses the special problems of teenagers with alcohol-related problems whose parents are also substance abusers.

Availability
Access Audiotape
Thomas W. Perrin, Inc.
P.O. Box 423
Rutherford, NJ 07070
(201) 460-7912
Audiotape: Order No. 060A, $7.95

Organizations

National Clearinghouse for Alcohol and Drug Information (NCADI) is an information service of the Office for Substance Abuse Prevention (OSAP). The Clearinghouse staff can answer your questions about prevention, intervention, and treatment of alcohol and other drug problems. Information is disseminated free to the public. Write to NCADI, P.O. Box 2345, Rockville, MD 20852. Or call (301) 468-2600 and ask for an information specialist.

Alcoholics Anonymous (AA), P.O. Box 459, Grand Central Station, New York, NY 10163 (212) 686-1100. With more than one million members in 114 countries, AA is the largest self-help group for recovering alcoholics and problem drinkers. Local groups are listed in most telephone directories.

Al-Anon Family Groups, P.O. Box 182, Madison Square Garden, New York, NY 10159 (212) 683-1771. Al-Anon Family Groups, which includes Al-Anon for adults, Al-Anon for Adult Children of alcoholics, and Alateen for youth, are self-help groups for family members and friends of problem drinkers. Local groups are listed in most telephone directories.

Children of Alcoholics

Children of Alcoholics Foundation, Inc., 1200 Park Avenue, 31st Floor, New York, NY 10166 (212) 351-2680. A voluntary nonprofit organization created to assist children of alcoholic parents. Foundation goals include increasing awareness of the problems of COA's; encouraging local, State, and Federal agencies, as well as private organizations, to respond to the needs of this group; and promoting and disseminating research information in this area.

National Association for Children of Alcoholics (NACoA), 31706 Coast Highway, Suite 201, South Laguna, CA 92677 (714) 499-3889. Incorporated in 1982, NACoA is the only national nonprofit association for children of alcoholics in all age groups. NACoA publishes a quarterly newsletter and hosts an annual convention.

National Council on Alcoholism, Inc. (NCA), 12 West 21st Street, New York, NY 10010 (212) 206-6770. The NCA is a national voluntary health agency that provides information about alcoholism and alcohol problems through more than 300 local affiliates. Some of the NCA's affiliates provide counseling for alcoholics and their families.

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P.S. Address any questions or comments you may have to our Clearinghouse at this address:

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